



Once you have been desensitized, you must then avoid the item you have cleared for 25 hours. Below you will find a list of the treatments. Please print this and bring it to each appointment as Nancy will be signing off as treatments are complete.

1. BBF-Alignment for body, brain function-no avoidance.

2. Egg mix-_egg yolk, egg white, chicken tetracycline, feathers

You may not eat or touch egg white, egg yolk, chicken, tetracycline and all foods containing egg or chicken including crackers, cookies, soups, breads, mayonnaise, salad dressings ,cakes ,pastries, pies, pancakes, foods backed or fired in egg batter and thick sauces. Also avoid birds, feather pillows, comforters, vitamins and protein drinks made with egg, shampoos, conditioners and skin lotions with egg products.

YOU MAY EAT: brown or white rice, pasta without eggs, vegetables, fruits, milk products, oils, beef, pork, fish, coffee, juice, soft drinks ,water and tea.

3. CALCIUM MIX- (Cal-Carbonate, Cal-gluconate, Cal-ascorbate, Cow's milk, goat's milk. milk-casein, milk-albumin.)

YOU MAY NOT EAT OR TOUCH-milk or milk products, uncooked vegetables, dark leafy vegetables like lettuce, cabbage, dandelion greens, Brussels sprouts, broccoli, sesame seeds, oats, navy beans ,milk products, cheese, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts and sunflower seeds, calcium supplements.

YOU MAY EAT: cooked rice, pasta, cooked vegetables, cooked potato, corn, yams, cauliflower, sweet potato, red meat, and coffee and/or tea without milk. Drink calcium-free water. Any food without calcium derivatives.

4. VITAMIN C (Ascorbic acid, oxalic acid, citrus mix, berry mix, fruit mix, vegetable mix, vinegar mix, chlorophyll, hesparin, rutin, bioflavonoids).

YOU MAY NOT EAT OR TOUCH: fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, sauces, soft drinks, milk, artificial sweeteners, and vitamin c supplements.

YOU MAY EAT: cooked white or brown rice, pasta without sauce, boiled or poached eggs, baked or broiled chicken, fish, red meat, brown toast, deep fried food, French fries, salt, oils, and drink coffee and water. Any food that does not have vitamin C or its derivatives.

5. VITAMIN B (B1,B2,B3,B4,5,B6,12,B13,B15,B17, paba, inositol, choline, biotin, folic acid)

YOU MAY NOT EAT OR TOUCH: whole grain products, fruits, vegetables, meats, dairy products, anything with B vitamins.

YOU MAY EAT: cooked white rice, cooked white pasta, cauliflower raw or cooked, well-cooked or deep fried fish, salt, white sugar, black coffee. French fries, purified water while treating for any of the B vitamins. Rice should be washed well before cooking. Then, cook rice or pasta with lots of water and drain the water after cooking the rice (pasta) to remove the fortified vitamins.

6. SUGAR MIX (cane sugar, beet sugar, brown sugar, corn sugar, rice sugar, maple sugar, molasses, honey, fruit sugar, sucrose, glucose, dextrose, maltose, lactose, date sugar, grape sugar)

YOU MAY NOT EAT: anything with any of the above sugars, sauces, drinks with sugar. Do not use powdered spices in pre-packed containers, tooth paste and mouth washing liquids.

YOU MAY EAT: white rice, pasta, vegetables, vegetable oils, meats, eggs, chicken, water, coffee, tea without milk.

7. IRON MIX (ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin).

YOU MAY NOT EAT OR TOUCH: apricots, peaches, banana, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, Brussels sprout, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, organ meats like kidney, heart and liver, farina, raw clams, oysters, nuts, asparagus, coffee, chocolate and iron supplements.

YOU MAY EAT: white rice, without iron fortification, sour dough bread without iron, cauliflower, potato, chicken, light green vegetables, water and orange juice.

8. VITAMIN A MIX (fish, shell fish mix)

YOU MAY NOT EAT OR TOUCH yellow fruits, yellow vegetables, green fruits, green vegetables, green peppers, fish or fish products, milk products and corn products

YOU MAY EAT: steamed rice, pasta, potato, cauliflower, red apples, chicken, water and coffee

9. MINERAL MIX (trace minerals like antimony, barium, boron, beryllium, bromide, caesium, chlorine, chromium, cobalt, copper, europium, fluorine, gallium, germanium, gold, iodine, lithium, manganese, molybdenum, nickel, palladium, rubidium, samarium, scandium, silver, strontium, thallium, thorium, tin, titanium, tungsten, uranium, zinc, zirconium ,chromium, lead, magnesium, manganese ,phosphorus, potassium, selenium, sulfur, vanadium, mercury)

YOU MAY NOT USE OR TOUCH metals, tap water, mineral water, root vegetables like onion, potato, carrots and turnips. Wear gloves while touching metal surfaces. \metal buttons on

clothes, shoes, hand bags, wedding rings, or religious rings etc. can be covered with masking tape. Use plastic and glass utensils to cook and eat. Use a pair of gloves during 25 hour period to avoid touching metals.

YOU MAY USE: distilled water for washing and showering, steamed rice, vegetables, fruits , meats, eggs, milk, coffee and tea.

10. SALT MIX, CHLORIDES: sea salt, table salt, rock salt, sodium and chloride.

YOU MAY NOT USE OR TOUCH: kelp, celery, romaine lettuce, watermelon, seafood, processed foods with salts, fast foods, table salts, fish, shell fish, carrots, beets, artichoke, dried beef, brains, kidney, cured meats, bacon, ham, coffee, watercress, sea weed, oats, avocado, swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapples, tap water, and prepared, canned or frozen foods.

YOU MAY USE distilled water to drink and bathe, steamed rice, fresh vegetables and fruits not listed above, chicken, meats and sugars.

11. GRAIN MIX (wheat, corn, rice, oats, rye, millet, barley)

YOU MAY NOT USE grains and items made from above grains.

YOU MAY EAT vegetables, fruits, meats, milk and drink water.

12. YEAST (Baker's Yeast, Brewer's Yeast, Tortola Yeast, Candida albicans).

YOU MAY NOT USE Brewer's yeast, baker's yeast, and any foods containing these items including baked goods, sugars, fruits, soy sauce, and alcoholic beverages.

YOU MAY EAT vegetables, meat, chicken and fish.

13. ACID

YOU MAY NOT USE, any type of food that contains sugar, starch, fruit, grains, meat, coffee, other acid forming foods.

YOU MAY USE, EAT Steamed white rice, lettuce and drink water.

14. BASE

YOU MAY NOT EAT raw and cooked veg, beans, egg or milk.

YOU MAY EAT: sugars, starch, and bread.

15. HORMONES

MAY NOT USE factory raised meat, fish, chicken, eggs, and dairy products. Avoid stimulating your own hormones, do not have this treatment during your menstrual period.

YOU MAY EAT: non GMO 100% grass fed meat, chicken, eggs and dairy products.